

# *the Nation*

Volume 3, No. 8 • March 15, 1996

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**LOCATION:** Oujé-Bougoumou, James Bay Territory, Qc

**SALARY:** Commensurate with experience

**STARTING DATE:** As soon as possible

**PLEASE ADDRESS ALL INQUIRIES TO:**

Miss Louise Shecapio  
Oujé-Bougoumou Cree Nation Headquarters  
207 Opemiska St,  
Oujé-Bougoumou, Quebec  
G0W 3C0





## GRANDMOTHER AND CHILD

You came into my  
dreams and you invited  
me for a walk with you  
as you whispered and said  
you will always look upon me  
And that you love and care  
for me  
tears started falling  
down my face when you  
said you had to leave  
As I cried and said  
No! No! please Grandma  
don't leave me now, Stay! Stay!

As the sky upon opened  
And sunshine shining  
down on you  
you waved goodbye  
And said I love you  
my child I love you

I couldn't believe my  
dream was so real but  
now you're safe and up above  
You'll always be a special  
someone in my heart and  
I will always love you Grandma  
Always.

Love: Melanie Joyce Dixon-Gilpin  
Granddaughter  
XXX

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BUFFY SAINTE-MARIE

COVER: Buffy on a recent visit to  
the Native Friendship Centre in  
Montreal.  
Photo: Neil Diamond

MARCH 15, 1996





We haven't much time, dear readers, and we're not getting any younger so pay attention. A quiz will be administered in a future installment. We come to you for the first time from one of the Cree communities. It is on a "need to know" basis so I can only say that it's one whose name starts with the letter W. Send in your guesses and win a mystery prize.

The fame of the winner of *The Nation's* Cutest Guy in The Cree Nation contest continues to grow ever wider. Lisa told me he was to be auctioned off to the highest bidder in Whapmagoostui. The big spender would have had, I would guess, a romantic dinner date with **Robert Auclair** (forever to be known as the cutest guy in the Cree Nation). But he was out of town playing in a hockey tournament somewhere. Proceeds from the auction had been slated for a trip for several community members to the Gathering of Nations Pow Wow in New Mexico this April.

A silkscreening business has opened in Chisasibi. **Cree-Active Arts** will place your logos, photos or artwork on t-shirts, sweatshirts and probably your underwear too.

Several items that may be of interest to our readers were faxed in to us. They are:

The 5th Annual James Bay CoEd Volleyball Tournament will be held on April 12 and 13 at the Philemon Wright High School in Hull. The first prize is 2,000 smackeroos, the second, 1,500 big ones and the third a measly 500 dollars. The entry fee is \$250 per team and the deadline is April 5. For more information pick up that phone and call **Reggie Tomatuk** at (819) 722-9857 or **Minnie Matoush** at (819) 776-1685.

The Ecole Waapihtiwewan School in Ouje-Bougoumou (known as Ojay to us mere mortals) invites all to the Cree School Board Regional Art Exhibition on March 18 to the 22nd. The "Art" exhibited will be by

students of all ages from the nine communities. Three "judges" will select pieces to be displayed at the CSB's offices for one year. And not a day more so go have a look-see. Call the school at (418) 745-2542 for more info.

An Associated Press story with a headline that read **2-headed snake evokes superstitious fears** was left in my file by someone who probably just wanted to see it on our august page.

Waswanipi may or may have already asked for a five-year ban of a hockey player from Mistissini after he stormed off the ice, "slammed" the rink's glass and threw his stick "like a spear" into the stands, hitting a woman in the knee. His chief has apologized to the people of Waswanipi. There goes his dream of a career in the NHL.

At the residential school conference in Waskaganish the Anglican Church of Canada sent a Native representative to extend a formal apology for the abuses its institutions perpetrated on Native students. They were not to be let off so easily though. One participant, a survivor of the system at three residential schools, refused to accept their apology and proceeded to list his reasons. Among them, his freedom to speak his language was taken away, as was his right to bond with family even though they were in the same institution. Later the next day several former students gathered informally at the breakfast table to reminisce and told of beatings by supervisors, forced marches and other acts too vile to mention on this page. It was not all doom and gloom though. The best way they knew how to cope was through humour and they told many funny stories. Unfortunately I am in no mood right now to repeat them. It's nice to know these people have not lost their strength or more importantly their sense of humour. Surely they deserve more than an apology.

Ndiamon



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## BUMPY RIDE FOR CHISASIBI'S NEW CHIEF

Six months after being elected chief of Chisasibi, Charles Bobbish says the job is harder than he ever imagined.

Bobbish is struggling to find ways to cope with alcohol abuse in the community and is pushing for more action by police and the band.

At the same time, he has walked into criticism that he is focused too much on solutions involving the police and neglecting other issues in the community. Meanwhile, he has sparked anxieties among the band's own employees for a management style that has been called aloof and arrogant.

"It's not an easy job being a chief," Bobbish confessed in an interview with *The Nation*. "You can't please everybody and sometimes you have to say no to some people. You can't be a miracle worker."

Right after the election, Bobbish said housing would be his main priority. But now alcohol has moved to the top of the list. "Right now, my biggest concern is about the alcohol coming into our community."

Bobbish said the police aren't doing enough to stop alcohol abuse. "We have to look at the powers we give to our police. They have to take into consideration the needs of the community," he said.

"In our culture, when someone calls you to assist them you go without hesitation. But it's not the case here. We have a hard time telling the police to do something because they say the law tells us we can't do this."

He complained that the police aren't taking their orders from the community. "When I first became chief, the first thing I asked the police was: 'Who is your boss?'... When they graduated, they were told, 'Your boss is the law.'"

But not everyone in Chisasibi agrees with the chief's law-and-order style. In a local newsletter, one youth said healing people with alcohol problems should be the main priority, not getting tougher with them.

"I think that getting more police hired and giving the people working at the gate the authorization to search everyone's vehicles thoroughly will not solve our problem with alcohol."

The youth said the gate has even caused drinking-and-driving accidents because it encourages people to drink their alcohol on the road before they get to the community.

Other residents say Bobbish hasn't really done much on the alcohol issue other than talk. A community meeting on the issue in January yielded many suggestions for action, but they aren't being acted on, one band member said.

Questions are also being raised about a new by-law to get tough on alcohol that was reportedly drafted at Bobbish's request. Apparently, it would require anyone who isn't a band member or living in town to get authorization from the band before entering the community. The by-law hasn't yet been approved by the council.

Concerns about Bobbish's management style were raised at a band staff meeting last month, which employees asked band councillor Bobby Neacappo and Chisasibi Elders to attend. Sources say the chief was told he was at times hard to talk to, difficult to work with and belittled subordinates.

Bobbish would not discuss the complaints. "I don't want to talk about those things. It's too depressing... You don't want to hear about that. You're not

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by Alex Roslin

The National Enquirer.



# **VACANT POSITION: UPAAHCHIKUSH GROUP HOME MISTISSINI**

## **CHILD CARE WORKER**

**OPEN FROM:**

March 6 to March 20, 1996

**STATUS:** Permanent full-time

**POSITION NUMBER:**

6948-2691-1401

**POSTING NO:** 96-0005

**HRS/WEEK:** 35

**PLACE OF WORK:** Mistissini

**DUTIES:**

Person who directly sees to the educational and re-education plans of the Cree Youth who are placed at the Group home. These plans are carried out in accordance with the established group home programs and in direct collaboration with the group home house parents and the families of the youth in placement. He/she is directly responsible for the daily living routine at the group home and will assist and support the house parents in the completion of their job responsibilities. The child care worker will apply educational techniques by utilizing the daily living routine and by organizing, coordinat-

ing and animating the activities provided for in the group home programme. The native child care worker will ensure the learning and acquisition of appropriate Cree beliefs, attitudes and behaviour.

**SPECIFIC CONDITIONS AND  
QUALIFICATIONS:**

- \* CEGEP diploma with core concentration in specialized educational techniques or a college certificate in special education techniques or institutional rehabilitation after relevant experience.
  - \* Emotional maturity and good character
  - \* Ability to communicate effectively in Cree and English
  - \* Experience and knowledge of Indian culture and people
  - \* Experience with youth in a relevant field such as education, social counselling or recreation
  - \* Knowledge of child care or group care
- Must hold a valid class 4B drivers license

**The persons interested in this position are asked to forward their résumé within the prescribed deadline by fax to: (819) 855-3450.**



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay





## FUNDING CUTS SPARK B.C. HUNGER STRIKE

Four Native students and two non-Natives in Victoria, B.C. went on hunger strike on Feb. 16 to show their opposition to the lack of federal funding for First Nations education.

"The government is going against its promise to give First Nations students the right to education," says Gwen Bridge of the University of Victoria, on strike since day one.

The hunger strike ended in the first week of March when the federal budget was announced. The students went so far as to refuse eating solid foods, except for consuming tea, water, and coffee.

They were calling on the federal government to live up to its responsibility to fund aboriginal students and make a substantial increase in funding for the 1996/97 year.

Officials of the regional office of the Indian Affairs Department in B.C. spoke with the students, but only to find out how they found out about the government's plans. According to a press release, the officials did not seem the slightest bit interested in their health or well-being.

Opponents of the funding cuts say they could force First Nations students in their last years of school to drop out.

Aboriginal students in B.C. already face a shortfall of \$6.1-\$7.5 million in their education funding from Ottawa, which has a constitutional responsibility to fund First Nations education.

With tuition fee increases planned for next year and a

freeze on new federal funds, 140 to 280 First Nations students will lose funding in B.C. alone.

Another protest against funding cuts in education and health care took place Feb. 16 on the sacred burial grounds of the Algonquin Nation, which is the Parliament Hill in Ottawa.

National Chief Ovide Mercredi gave an opening address. About 1,500 people of different nations from all across Canada rallied in support of the B.C. students and as one unified nation. The last of our rights are being threatened on paper, but not in our hearts!

Ovide Mercredi's speech gave support to the protesters, but some who listened were disappointed because they perceived a lack of passion and belief in his words.

A youth attending the rally named Lee described the speech as "long and boring. I wasn't really listening."

But the crowd came to life when Ontario Vice-Chief Gordon Peters took the podium. "He brought a lot of feeling into his speech," commented Lee. "He was determined to get the point across to the crowd. I listened intently to him because he struck me as a National Chief."

"We have to start doing the things we talk about, not just talk."

There indeed was a tremendous response from the people. You could feel the cries of all nations.

For our rights, our heritage and our health! Even if it was for a brief moment, it was unified.

by Sky Wah-Shee

## YOUTH TO SURVEY YOUTH

Youth councils have been active in the Cree communities for only a few short years, but youth leaders want to take a second look at their mission and get an idea of how the councils are perceived by Cree youth and political leadership.

Rhonda Oblin, a Cree student taking public relations at McGill, will conduct a survey of youth in April and has already met with several leaders to get their views—chiefs George Wapachee and Billy Diamond, Paul Dixon and Robert Weistche. She also conducted an in-depth interview with Grand Chief Matthew Coon Come.

Oblin said the Cree Nation Youth Council asked her to do the study because "they felt the youth weren't sure what the council was set up to do. It's supposed to represent them, so there should be an awareness there."

Oblin said she has gotten some interesting feedback from the leaders. The youth are not learning traditional skills enough and the youth councils should set up programs to promote those skills, she was told. Another comment was that youth councils should try to involve young trappers more.

Other comments: Youth should participate more in local and regional meetings. They expect things to be given to them. Some animosity and lack of communication were perceived between the youth and leadership. Cree people as a whole need a healing process to deal with residential school experiences, and the youth councils should be involved. It was also felt that the youth councils may be catering to a specific segment of the youth, not all of them.

## CHIEF ON TRIAL

Chief John Kitchen has entered a not-guilty plea to charges of drinking and driving stemming from an incident last summer.

Kitchen was taken into police custody after a van he was driving went off the highway near Waswanipi's Band Council office. Three passengers were in the vehicle at the time of the accident, which occurred the morning of July 21 at 4 a.m.

Charges were laid against the chief in November. Kitchen pleaded not guilty at a hearing on Feb. 2 and the trial is set for

continued on page 9



# CHILD CARE HOME VISIT PROGRAM

## DESCRIPTION OF THE PROGRAM

The Cree Board of Health and Social Services of James Bay (CBHSSJB) in collaboration with the Regional Child Care Advisory Committee would like to implement a Child Care Home Visit Program on the Cree territory.

It is a home-based, multidisciplinary program for Cree expectant parents and Cree children up to four years of age. The goals of the program are the early correction of departures from good health, provision of education and prevention programs for social problems, through an early intervention program which combines traditional and present child-rearing practices.

The program provides children with experiences and services which enhance their early development by encouraging and advising parents to develop skills necessary to provide meaningful experiences for their children. This program involves hiring trained Cree home educators who would visit the mothers, fathers and children regularly to work with them as a family and also in conjunction with existing programs.

## POSITION:

Coordinator of Child Care Home Visit Program

## NATURE OF THE FUNCTION:

Under the authority of the CBHSSJB and in keeping with its policies, the coordinator of the Child Care Visit Program exercises all the functions required for the implementation, coordination, supervision, evaluation, research and development of activities and resources in connection with the Child Care Home Visit Program.

## TASK DESCRIPTION

-Consults and collaborates with the different partners and programs in establishing objectives and guidelines for the Child Care Home Visit Program.

-Organizes a feasibility study for this program on the Cree territory.

-Designs a culturally appropriate program.

-Provides the CBHSSJB and Regional Child Care and Advising Committee with data relating to the program development and prepares reports to enable informed decisions to be reached.

-Prepares pedagogical support tools for the home visit program educators.

-Publicizes the program and its services.

**DURATION:** Two years beginning April 22, 1996

**SALARY:** \$511.35 TO \$716.10 weekly, plus fringe benefits

**LOCATION:** Chisasibi

**REQUIREMENTS:** - Secondary 5

- Strong oral and written communication skills

- Capacity to conduct group discussions in English and Cree; French is an asset

- Clerical skills

- Strong leadership skills

- Experience with children, being a parent is an asset

- Able to travel to all communities during program development

**Send curriculum vitae before April 1st, 1996 to:**

**Patrice-G. BLAIS**  
**Personnel Department**  
**Cree Board of Health and Social Services of James Bay**  
**P.O. Box 420**  
**Chisasibi, James Bay, New-Quebec**  
**JOM 1E0**

**Fax: (819) 855-2098**

**Tel.: (819) 855-2844 ext. 340**



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay



continued from page 7

May 16. The charges carry a maximum fine of \$2,000 and/or six months in jail and a minimum fine of \$300, according to Amos prosecutor Pierre Desrosiers.

## A TALE OF INSURANCE

The Waswanipi band was in for a surprise after a series of fires forced them to take a closer look at their new insurance policy.

A fire in the community's cafeteria put the fryer out of commission and cost the band a couple of thousand dollars. A house caught fire with \$12,000 in damages and a trailer home also went up in a blaze, costing thousands more.

Imagine the surprise when band staff found out none of the fires were covered under a new insurance policy set up for the Cree communities a year ago. That's because the deductible for band property under the new policy is \$50,000.

Jack Blacksmith, who is handling the insurance file for the Cree Regional Authority, said the Cree communities will pay \$1.1 million in insurance fees this year to Secours Assurances Generales, a Val d'Or broker. So far this year, Secours paid only \$14,000 back to Crees in insurance claims, he said.

The insurance covers everything from \$227 million in band-owned buildings and housing, to community garages and vehicles, employee theft and firefighters' accidents.

Blacksmith said the premiums and deductible are high because of the poor fire record in the Cree communities. Crees could have gotten a deductible of \$10,000, but that would have cost 25 per cent more in insurance fees, he said.

Because the company paid out so little in claims, next year Blacksmith expects to see Cree premiums drop about 10 per cent. "Our picture wasn't very good so we didn't have much leverage. In the past, there were a lot of fires. That's what they were scared of. This year, it's a lot better for us."

## PELTIER SUPPORT MOUNTS

The campaign to get Leonard Peltier out of jail is being stepped up as the number of people signing petitions and letters on behalf of the AIM activist tops



30 million.

Twenty years ago, Peltier was sentenced to two consecutive life sentences for allegedly killing two FBI agents in a shootout with members of the American Indian Movement.

Peltier, now 51, insists he is innocent and his lawyers have shot numerous holes in the U.S. government's case against him.

Peltier had a parole hearing in December and is still waiting for a decision, which could mean anything from an early release to more jail-time. If that fails, another campaign has been mounted to pressure President Bill Clinton to grant Peltier clemency.

To raise more support for Peltier, the Leonard Peltier Defense Committee is sponsoring a publicity run this summer across Europe to build support for Peltier. The run will end up at the United Nations Indigenous Peoples' gathering in Geneva, where a prayer vigil is planned.

A tour of First Nations in Canada will be held this year to get additional backing for Peltier's release. His supporters say they'd like the Grand Council of the Crees to go on record backing Peltier.

Letters supporting Peltier can be written to: The U.S. Parole Commission, 5550 Friendship Blvd., Suite 420, Chevy Chase, Maryland, U.S.A., 20815

President Bill Clinton, White House, 1600 Pennsylvania Ave., Washington, D.C., U.S.A., 20050

Leonard Peltier, #89637-132, Springfield Medical Facility, 1900 West Sunshine, P.O.B. 4000, Springfield, Missouri, U.S.A., 65808

## TOURNEY ACTION

By the grace of fax technology, the results from the 13th Annual Chisasibi Invitational Hockey and Broomball Tournament, held Feb. 29 to March 3, have generously been made available to us, *The Nation*. We now pass them on to you, our gentle readers.

### Broomball

Champs: Waskaganish Starlites, 2, \$3,000  
Finalists: Wemindji Wolverines, 0, \$1,500  
Best Defense: Eastmain Aces, Linda Gilpin  
Best Forward: Chis. NS, Daisy House  
Best Goalie: Wask. Starlites, Tracey Frank  
Top Scorer: Wemindji Wolverines  
MVP: Wask. Starlites, Betty Blackned

### Class "B" Hockey

Champeens: Waskaganish, 6, \$3,000  
Finalists: Fort George Warriors, 4, \$1,500  
Best Defense: Chee Bee Contractors, Leslie Herodier  
Best Forward: Whapmagoostui Tomahawks, Steven Boudrias  
Top Scorer: Waskaganish, Elmer Salt  
Best Coach: FG Warriors, Glen Salt  
MVP: Waskaganish, Charles Katapatuk

### Class "A"

Champeronis: Chisasibi North Stars, 8, \$5,000  
Finalists: Wemindji Wolves, 4, \$3,000  
Best Defense: Waskaganish Wings, Abel Namagoose  
Best Forward: Chis. Hunters, Glen Wadden  
Best Goalie: Chis. Hunters, Stanley Kitty  
Top Scorer: Chis. Hunters, Glen Wadden  
Best Coach: Wem. Wolves, Stanley Shashaweskum  
MVP: Chisasibi Hunters, Brian Bearskin



# Crees Unite on Development



By Solomon Awashish

**"THE FIRST WHITE PEOPLE WHO CAME TO MY CAMP 50 YEARS AGO NEVER ASKED ME IF THEY COULD BUILD A ROAD, A MINE OR A TOWN HERE..."**

Jimmy Mianscum  
Ouje - Bougoumou Elder

Ouje-Bougoumou Elder Jimmy Mianscum remembers a time when fish, game and animals were abundant on his hunting ground and the environment was undisturbed. Today, most of his traditional territory is clearcut, roads and transmission lines zigzag across his land. Gold and copper mines were developed and abandoned, his lakes and rivers polluted. Outfitting camps and cabins are being built everywhere. The town of Chibougamau, the gateway to the north, was built on his family's sacred hunting ground.

Regional resources development and industrial noise have dramatically reduced the number of fish, game and animals that used to provide a good living to Jimmy and his family.

Mr. Mianscum says that all this development was done without his consent. "The first white people who came to my camp 50 years ago never asked me if they could build a road, a mine or a town here. In those days, there was no infrastructure like the Band Council or the Grand Council that I could approach for help."

The story of "Eeyou Astchee" damaged by the push of industry into Northern Quebec is not a new one—it has been repeated countless times since the arrival of mining and forestry companies in the '50s and '60s and Hydro-Quebec sent its construction crews into Cree Territory in the early '70s.



In the week of Feb. 19, the Grand Council and 100 delegates, including Elder Jimmy Mianscum, crammed into the youth centre in Ouje-Bougoumou to hammer out an agreement on a standard policy regarding natural resources development in the "Eeyou Asstchee."

In his opening speech, Grand Chief Matthew Coon Come warned the delegation about the governments' and companies' divide-and-conquer strategy. "History has proved that when we are united, we speak with one voice and we are stronger," said Coon Come. "Now the government and the companies are approaching the Band Councils and individuals directly and arranging agreements without the Grand Council. They are dividing us. And because we have no standard policy on natural resource development, there is no collective agreement from which Crees benefit. We must not let them conquer us with this strategy."

For three days, the assembly held discussions and workshops on the Cree vision and the role of the Grand Council in the development of its natural resources on the "Eeyou Astchee." The special assembly recognized the need for all Crees, especially the youth, to participate in and benefit from jobs generated by the various development projects. It became clear that the participation and the consent of the leaders and local trappers should be mandatory for future resource development.

Discussions heated up when there was a mention that some of the band operators were involved in clearcutting of traplines. Mistissini and Waswanipi have their own logging companies. According to Chief John Kitchen, Waswanipi's Mishtuk Corporation has signed a \$5.8-million joint venture with Domtar Forest Products Inc. to build a sawmill in the community. Chief Kitchen defended his community's action saying that it was agreed upon at a local general assembly. "We want to create employment in Waswanipi," he said. "So far this year, \$1 million was spent on welfare. Sixty-five per cent of the beneficiaries are between 20 and 30 years old. These people should be working. The sawmill will create 30 jobs."

In the end, delegates gave the Grand Council the mandate to be the central authority coordinating local initiatives to maintain, protect and strengthen the fundamental rights of the Crees. The Council will also do all things necessary to promote Cree objectives in collaboration with the local communities and authorities.

Deputy Grand Chief Kenny Blacksmith was satisfied with the outcome of the special assembly. Blacksmith said the Grand Council succeeded in getting the mandate they had been requesting and that policies could be worked out at later assemblies in the future.

Jimmy Mianscum, a former chief, said that he was happy that the delegates agreed to cooperate with the Grand Council in order to protect what is left of the natural resources in the Eeyou Asstchee. Future generations should benefit from the development of the Cree homeland.

*Solomon Awashish is an announcer-producer at CBC North-Quebec.*

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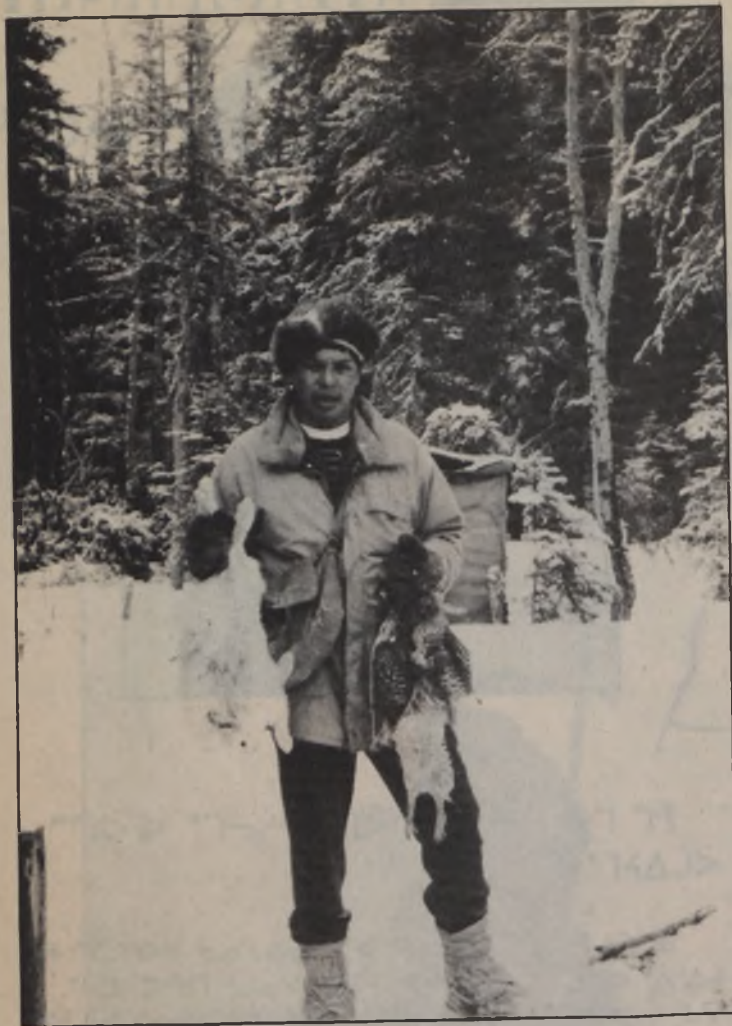


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**Cont'd on page 17**

## Questions about the Federal Budget?

# BUDGET 1996 HOTLINE

**For more information, call toll-free  
From Monday to Friday, 8 a.m. to 10 p.m.**



**1-800-343-8282**  
**TDD: 1-800-465-7735**



Department of Finance Canada      Ministère des Finances Canada



# RALPH

LET'S  
LIVE  
WELL

## I'll never diet again!

### TIPS FOR LOSING WEIGHT

If you've been wondering how you're ever going to get rid of those extra pounds you gained over Christmas, here's the good news. Diets don't work. Why not? Because people hate diets. Once you crack — and sooner or later everyone does — you take revenge on the hated diet by breaking every rule. And it's not your imagination, the pounds do go back on faster than they came off.

Have you noticed? Losing weight while dieting seems harder than it should be. Why? Because your body wants to survive. When you suddenly start feeding it less, it figures you're starving — by accident, not by choice. So it slows down and burns fewer calories than usual, to help you live.

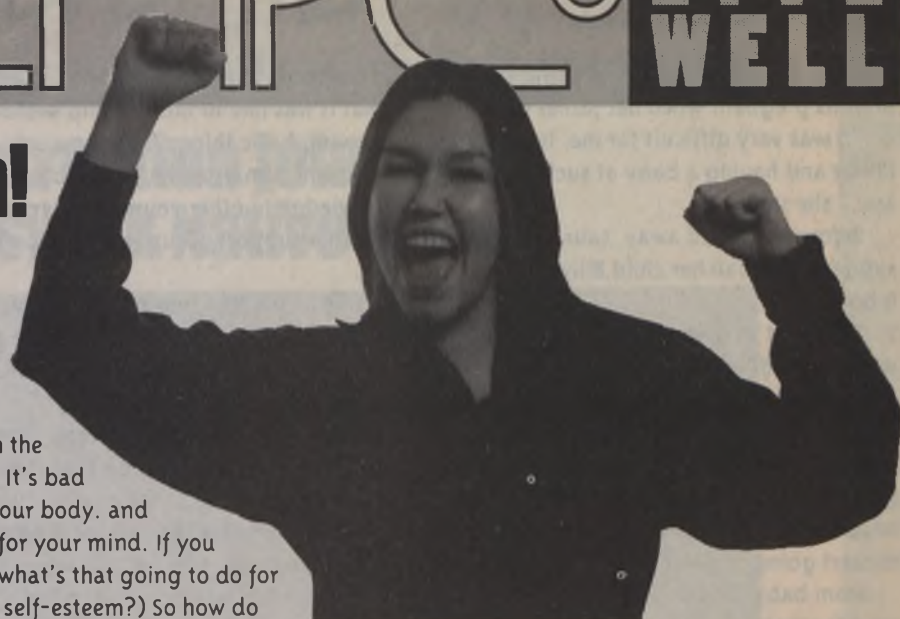
Why is it that with every new diet, it's tougher to lose weight. Because dieting without exercise eats up muscle, not fat. This slows your metabolism, making it harder to lose the weight and easier to gain it back.

So ditch the diet! It's bad for your body, and bad for your mind. If you fail, what's that going to do for your self-esteem?) So how do you lose weight and feel better about yourself at the same time? Here are a few tips:

**Take small steps.** Don't swear you'll never eat anything sweet again. But instead of eating every dessert you take home from a feast, decide on one — one helping of boudin, one piece of cake, a few cookies — and give the rest to your family. Or choose to have mashed potatoes instead of french fries with dinner. Or eat dessert twice a week instead of every day. Or learn to like coffee without milk and sugar. It all adds up.

**Expect setbacks.** You're not going to stick

to every good intention, and that's okay. If you can't stop yourself from digging into chips, don't eat the whole bag — put some in a bowl and only have those. Enjoy some of what you want, just don't go overboard. **Do it with a friend (or your husband, or wife).** You can go on walks together instead of sitting in front of the TV. You can help each other through tough times. You can tell your partner how terrific (or slim, or sexy) they look now. And isn't it easier when you know someone else is going through the same thing?



### THE NEW CHISASIBI RESTAURANT BRINGS YOU

## Great Spaghetti!

This quick and easy spaghetti recipe uses less fat. As you know, too much fat in your diet is bad for your health.

You can make it with fresh vegetables or canned. Fresh is better. And healthier too!

Serves eight people:

100 gr mushrooms  
2 green peppers  
6 tomatoes  
3 celery stalks  
3 onions  
2 carrots  
1 lb medium ground beef  
1 can whole tomatoes  
1 can tomato paste  
1 can tomato juice  
Herbs to taste: thyme, bay leaf, parsley, basil

1. Chop all your fresh vegetables
  2. Brown the beef and drain fat
  3. Add the chopped vegetables and cook for 5 minutes
  4. Add the canned tomatoes, tomato paste and tomato juice
  5. Add salt, pepper and herbs to taste
  6. Simmer for one hour
  7. Cook spaghetti in boiling salted water
  8. Drain spaghetti and cover with sauce
  9. Add a little parmesan cheese and chopped parsley
  10. Enjoy your hearty healthy meal.
- (Chef's trick: add a teaspoon of sugar to your sauces)

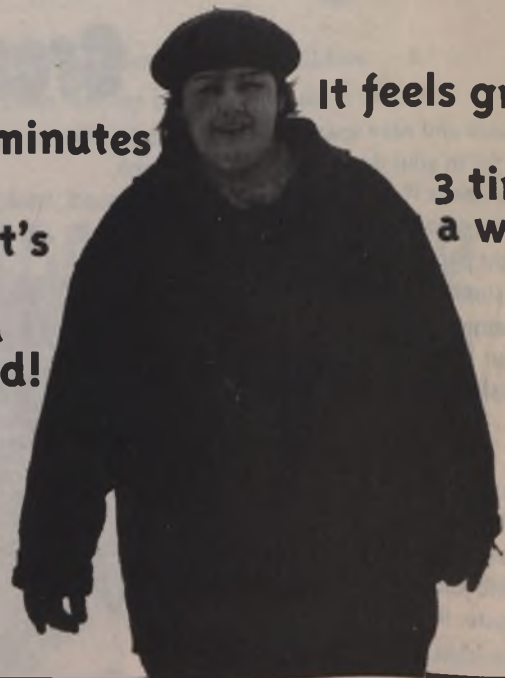
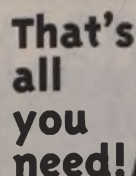


**Luc Tremblay, Stella Spencer, Frédéric Gaussan** — chefs creating refined yet hearty cuisine at the popular new Chisasibi restaurant.



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To find out more about starting a support group, contact your local Community Health Representative, or call the Public Health Module in Montreal at 514-989-1013. Leave your name, phone number or address and they'll send you a package of information on how to start your own group.







# Smoking is so Glamorous!

## FROM THE HOME OFFICE IN RADISSON, QUEBEC: THE TOP 10 LIST OF WHY SMOKING IS SO COOL

- 10** hurting children whose lungs are so much more vulnerable
- 9** Expensive. If you start smoking at 13 and smoke a pack a day, by the time you turn 30 you will have spent around \$15,000 on cigarettes.
- 8** Climbing stairs and gasping for air
- 7** Smelly, smoky hair and clothes
- 6** non sense of taste
- 5** brown stained teeth
- 4** breath that smells like a dirty ashtray
- 3** horking when you wake up (smokers' cough)
- 2** premature wrinkles...and...

## THE NUMBER 1 REASON WHY SMOKING IS SO COOL .....(DRUMROLL).....

- 1** stinky yellow fingers!

## SO, MAKE THE COMMITMENT NOW. WHAT HAVE YOU GOT TO LOSE?

If you are an adult smoker contact your local health clinic and ask for information on how to make quitting easier.

If you are a teen smoker between 13 and 19 who is committed to quitting, call 1-800-363-3537 and get a free Quit-4-Life kit from Health Canada.

Also look for more quitting tips in your upcoming Nations.

# Work can be a real scream!

A typical day at Dream Catcher Incorporated, James Bay's leading manufacturer of... you guessed it... dream catchers





Our usually mild-mannered heroine, feeling immense pressure and getting no sympathy from her colleagues, begins to think, for the first time, truly evil thoughts. She imagines how good it would feel if she strangled the witch...



Goodness Gracious!

...or buried a knife in her back



Unsated by her iniquitous fantasies, she takes to drink heavily...

Great Balls of Fire

On a meagre salary, she finds alcohol too expensive and the inevitable hangovers too painful. She turns to gorging herself and gains ten pounds in one sitting.

Much to the amusement and disgust of her co-workers she turns to an obscure, but soon-to-be-hip, Eastern religion and spends hours on her desk meditating and repeating her mantra.



Wisely she takes a walk outside. Clearing her mind and relieving the stress that would ultimately have led to the unemployment line.

You know, it's true what they say. Walking can do wonders for the mind and body.



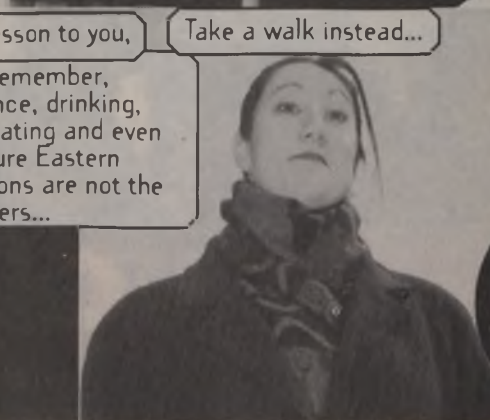
Our heroine and her boss embrace and make up. Tranquility and peace reign in the workplace again

Let this be a lesson to you,

Take a walk instead...

and remember, violence, drinking, overeating and even obscure Eastern religions are not the answers...

But not on company time!



## Contributors for this edition of ΓΕΛΝΙΣ

Laura Bearskin  
Alison Ramsey  
Sandra MacDonald

Catherine Bainbridge  
Deantha Edmunds  
Neil Diamond

Eric Smith  
Katerina Cizek  
Nian Matoush

Bob Imrie  
Mavis Verroneau  
Rhonda Sherwood











# INTERNAL AND EXTERNAL POSTING CHI-637



The CREE SCHOOL BOARD - EYYOU CHISKOTAMACHAOUN is a Cree controlled school board responsible for the education of Northern Quebec's Cree peoples, with special powers, duties and unique goals and objectives to deliver educational services for: Whapmagoostui, Chisasibi, Wemindji, Eastmain, Waskaganish, Nemaska, Waswanipi, Mistissini and Ouje-Bougoumou.

The CREE SCHOOL BOARD, a Cree entity created in 1978 by virtue of the James Bay and Northern Quebec Agreement, invites applications for the position of:

## DIRECTOR OF EDUCATION SERVICES

### NATURE OF WORK:

Under the supervision of the Director General, the position of Director of Education services includes the responsibility for administration of all the programs of instruction and learning and the resources assigned thereto.

The performance of the duties of this position include the programs of study, teaching methods and the measurement and evaluation of learning.

### MINIMUM QUALIFICATIONS:

Undergraduate degree in a relevant field of study. Five (5) years of relevant experience, with at least two (2) years in a senior staff position.

Personal and permanent teaching permit issued by the Minister of Education.

Knowledge of the Cree language is a requirement.

### PLACE OF WORK:

CHISASIBI

### BEGINNING OF EMPLOYMENT:

As soon as possible

### SALARY AND WORKING CONDITIONS:

\$55 274 minimum

\$71 589 maximum

Based on qualification and experience, according to the "By-Law on the Working Conditions for the Senior and Management Personnel" as approved by the M.E.Q..

Interested candidates should forward, in complete confidence their Curriculum Vitae and letters of references by March 15, 1996 to:

### PERSONNEL SERVICES

#### CREE SCHOOL BOARD

203 Main Street

Baie du Poste (Quebec)

G0W 1C0

FAX: 418-923-2073



END OF POSTING:  
March 15, 1996



# AFFICHAGE INTERNE ET EXTERNE CHI-637



## COMMISSION SCOLAIRE CRIE - EYYOU CHISKOTAMACHOUN -

une Commission Scolaire sous le contrôle des Crie, ayant les pouvoirs requis pour atteindre ses objectifs, est responsable de l'éducation des Crie dans les communautés suivantes: Whapmagoostui, Chisasibi, Wemindji, Eastmain, Waskaganish, Némaska, Waswanipi, Mistissini et Oujé-Bougoumou.

LA COMMISSION SCOLAIRE CRIE, une entité Crie créée en 1978 en vertu de la Convention de la Baie James et du Nord Québécois et de la Convention du Nord-Est Québécois invite des offres de service pour le poste suivant:

## DIRECTEUR DES SERVICES DE L'ENSEIGNEMENT

Sous l'autorité du Directeur général, l'emploi de directeur des services de l'enseignement comporte la responsabilité de la gestion de l'ensemble des programmes qui y sont affectés.

L'exercice de cet emploi comprend habituellement les programmes d'études, les moyens d'enseignement, la mesure et l'évaluation de l'apprentissage.

### QUALIFICATIONS MINIMALES:

Diplôme Universitaire terminal de premier cycle dans un champs de spécialisation approprié.

Cinq (5) années d'expérience pertinente dont au moins deux (2) dans un emploi de cadre.

Autorisation personnelle, permanente d'enseigner décernée par le ministre de l'Éducation.

La connaissance de la langue Crie est essentiel.

### LIEU DE TRAVAIL:

CHISASIBI

### DATE D'ENTRÉE EN FONCTION:

Le plus tôt possible

### SALAIRE ET CONDITIONS DE TRAVAIL:

55 274\$ minimum

71 589\$ maximum

Le salaire sera basé sur les qualifications et l'expérience en conformité avec les politiques administratives et salaires telles qu'approuvées par le MEQ.

Les candidats intéressés peuvent envoyer, en toute confidentialité leur curriculum vitae accompagné d'une lettre de référence, avant ou pour le 15 mars 1996 à l'attention du:

### SERVICE DU PERSONNEL COMMISSION SCOLAIRE CRIE

203 Main Street

Baie du Poste (Québec) ,

G0W 1C0

FAX: 418-923-2073



AVANT OU POUR  
le 15 mars 1996



# DIRECTIONS FOR HOCKEY IN THE CREE NATION

By Stan Jones

During the last couple of years, people in the Cree Nation have been working hard to establish a higher level of hockey for our youth. Their aim was to establish a position supported by the Cree Regional Authority and the nine communities.

On Feb. 12, I was hired as the technical director of hockey by the CRA. Our aim is to set priorities through the help of each band to establish an atmosphere of trust and development, through sports and education. Our youth have to learn to progress in their skills but at the same time understand that certain demands will be asked of them.

Our coaches must initiate the change in the major areas in which our game has stood still. These areas are in the basic skills, the physical preparation of players: strength, endurance, speed, power and mobility. Associated with this are skill development and team or cooperative coaching.

It is one thing to recognize the need for change. It is another to implement it quickly, especially when we have already spent years in a certain way of doing things. Our goal is to begin slowly and grow with time through commitment and hard work.

A word we must bring forward is "PRIDE." There are many definitions of "pride" and one of the good ones is "a strong self-image." The ingredients of such an image are self-confidence, determination, mental and emotional toughness, drive, aggressiveness, trust, responsibility, leadership and conscience. To be competitive, we must: have a commitment to excellence, use and coordinate all our resources properly, give our coaches access to all the knowledge and facilities available and make sure our coaches are motivated.

The current trend in hockey is to base conditioning programs on accurate testing and measurement of each individual. This

## SPORTS

enables the coach and player to measure the effectiveness of the training program and measure weaknesses of the players.

For testing to be effective, it must be given serious attention. It is not a gimmick. It must be conducted regularly and efficiently as an integral part of training and be treated as a valuable tool.

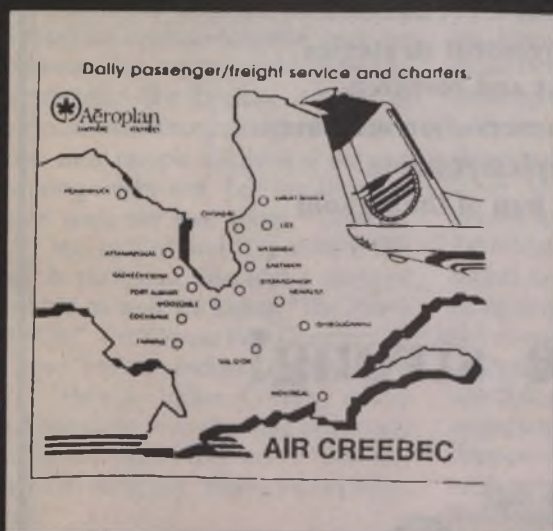
When we receive our data, our next step is to establish "Rep or Elite teams." These teams will have special training and support while they work on their education. The players will have to commit his aims toward education and hockey. This effort is required from all and at the same time, we'll give the guiding support to the players.

During the next few months, I'll be travelling to the different bands. During my visits, I'll test all the hockey players off-ice and on-ice from atoms to midgets through the minor hockey. I'll explain our priorities of the Development Program for the short and long-term. I'll be present at the CNIT Minor Hockey Tournament in Val d'Or from March 14 to 17.

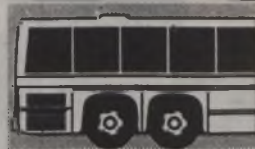
Remember this statement from Henry Ford: "Coming together is a beginning; keeping together is progress; working together is SUCCESS."

## REST AND RELAX!

Let **AIR CREEBEC** bring you home safely and swiftly.



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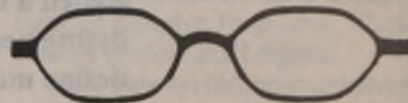
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# Special General Assembly on Wildlife Management

March 19-20, 1996  
Waskaganish



## Assembly Objectives

Agree on the need for a reduction of the Cree harvest  
Reach a common agreement on management strategies  
define needs for monitoring of harvest and research  
define means of implementation of conservation measures  
define a coordinated approach for implementation  
Updates and discussion on European ban of the leghold  
trap and the gun control legislation

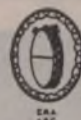
## Together we are strong!



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Grand Council of the Crees (of Quebec)  
Grand Conseil des Cris (du Québec)

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CREE REGIONAL AUTHORITY  
ADMINISTRATION REGIONALE CRIE

*Paid advertisement*





# Buffy Sainte Marie

## BLAZING NEW TRAILS WITH TECHNOLOGY

**Buffy Sainte-Marie**  
*Up Where We Belong*  
 1996, EMI

**BY WILL NICHOLLS**

With a whirlwind of interviews and photo ops at the Native Friendship Centre Buffy St. Marie came to Montreal to promote her new album. Her latest has proven she is embracing technology and pushing its limits. Her latest album is nothing short of technophile heaven, available of course on CD.

The album was made at home, using a computer as a recording instrument. She played most of the parts herself. When it was finished she sent the music via modem to her co-producer in London, England. It bounced off a satellite from her home in Hawai'i and went onto tape in London. She also has her own World Wide Web site.

A lot of you will remember songs you heard long ago redone with a new spirit. Then there'll be the surprises like Buffy's Academy Award-winning song "Up Where We Belong" from the film "An Officer and a Gentleman."

A different sort of music from the days when broadcasters received letters from U.S. President Lyndon Johnson and the White House that her music "deserved to be suppressed." She became a target of White House blacklisting along with others.

Today, most people still think of her as a protest song singer first, but her financial successes were her love songs, "Until It's Time for You to Go" and "Up Where We Belong" in particular. She had a string of country hits as well, including "The Piney Wood Hills," "I'm Gonna Be a Country Girl Again" and "He's an Indian Cowboy in the Rodeo." "He's an Indian Cowboy in the Rodeo" has some nice chanting at the end on her latest work. You won't hear the Country Girl song but "Piney Wood Hills" is sweet.

The few real folk songs she performed were chosen for their uniqueness. I'm sure one and all remember "Universal Soldier," one of the anthems of the '60s peace movement.



NEIL DIAMOND

Remembering back, she says in her bio, "The early Sixties were a rare time for students and minorities. The coffee houses that were strung across the college towns of America and Canada provided a safe, hip, wired atmosphere of caffeine-heads, homemade music and ideas. Everybody and his sister played the guitar, and writing songs was as common as driving a car. It was an adventure for an amateur kid just out of college, who had never met a lawyer and knew nobody who'd ever been in the music business. I'd travel on the bus usually, show up for a weekend booking, get held over for a few weeks, playing three or four shows a night to people who just loved to listen. In my off-time, I'd be off at the nearest reservation, doing benefits with the American Indian Movement, ducking bullets from time to time, but mostly just trying to make things better in my own way, like everybody else."

By the middle Sixties, business interests saw dollar signs and took control of the folk music scene, and the coffee houses started disappearing. Those that survived did so by reopening with liquor licenses. "Alcohol is a different scene from coffee; so is the music, so are the words, and so is the crowd. 'The 'Mamas & the Papas days' were not the same as the 'Phil Ochs days,'" said Buffy.

Buffy had a unique career outside of the U.S. when she went to Europe, Canada,

Australia, Hong Kong and Japan. She wrote music for movies, established a scholarship foundation to fund Native American study, spent time with indigenous people in other countries, received a medal from Queen Elizabeth II and won an Academy Award.

Since those early days, her songs have been performed by hundreds of artists including Janis Joplin, Donovan, The Highwaymen, Barbara Streisand, Elvis Presley, Roberta Flack, Neil Diamond (*no relation - Ed.*), Tracy Chapman, The Boston Pops Orchestra.

Some of you may remember Buffy from Sesame Street. Unfortunately, if Buffy ever returns to it we'll never know having to suffer through Sesame Park—the "Canadian" content version. But I digress.

Buffy's always techno-quicksilver, easily grasping the new technologies. She made the first totally electronic vocal album ever. She used the early Roland MIDI guitar. She was multi-tracking mouthbows in film. By the late '70s, she was working a Fairlight and a Synclavier. When computers and music got together, Buffy was at the head of the line.

Today, her digital home studio is as personal and hands-on for her as a guitar was in the '60s. She lectures at colleges and civic venues on a wide variety of topics. In 1993, she was chosen by the United Nations Department of Public Information as a representative for the UN's International Year of Indigenous People. Her activism in Native politics shows no sign of slowing down.



## Mixed messages

### Letter to The Nation:

I would like to comment on the Waswanipi and Domtar Inc. transaction that is taking place. I am a concerned member of the Cree Nation and I am not exactly sure I understand everything that is being said about the intended project with the sawmill. In your last issue (Feb. 16), there was a letter by CTA president Edward Gilpin Jr. and an interview with former Waswanipi Chief Abel Kitchen that discussed this issue.

My understanding is that this company, Domtar Inc., wants to make a deal with the Waswanipi Band Council that will allow Domtar Inc. to literally destroy Cree land. Only those individuals whose land is being affected will receive compensation? Is this the gist of it? From what I read in the interview article with Mr. Abel Kitchen, "there is money given out to individuals and some benefits in terms of cabins, in terms of four-wheelers... even cars being given out." Are you serious? My God, if this is how we are going to start dealing with outside forces that want to exploit our land, maybe the next James Bay project we should all ask for Cadillacs instead of collective compensation!

I understand that many Waswanipi people will tell us to mind our own business, especially if we are not from the community. But I would strongly urge them to think about the way they are making the entire Cree Nation look like a bunch of fools. It has not been long ago we fought so hard against the Great Whale Project. Now a small group would hand over Cree land in trade for a four-wheeler, cars and pocket change? What mixed messages are we sending out to the People of Quebec, Canada and the world?

Think about it—is this the right thing for our people? I know that unemployment is a terrible reality in Waswanipi, but it is a collective issue. All our communities suffer from it. We did not use it as an excuse during the fight against James Bay II, why should we use it now? There are other ways of creating jobs. We do not necessarily have to destroy our land and wildlife in order to achieve this.

This letter is not intended to offend the Band Council or the People of Waswanipi. This letter should demonstrate that we care about what happens to our fellow Cree people. This is a message of caution—be wary of the hidden agendas.

Anonymous, James Bay Cree

## Double-standard

### Letter to The Nation:

On Feb. 29, 1996, I was watching the ski-doo races in Chibougamau on the main street. I was standing in front of the restaurant Yogi. I noticed a police officer right across from where I was standing. The bar Central and Chateaugay are side-by-side except a restaurant (Elvis) is between these two public places. I noticed every time a Native came out with a bottle of beer in his hand, he was automatically told to go back in the bar, with a little push in the back. This occurred at least three times while I was standing there.

Then a non-Native comes by with a beer bottle in his hand and the police officer has a short conversation with this individual and allows him to walk around with the beer bottle in the street. I was very frustrated to see this happen, especially when it is a police officer in uniform doing this. I also noticed and overheard some people behind me (non-Native) saying, "How come he (the non-Native) gets away with it and 'les Indiens' didn't?" I hope the Chief of Police of Chibougamau is aware of the double-standard of his officers. I hope he forwards his comments on this matter.

Francois Gunner, Mistissini

# WHO IS THE CUTEST GIRL IN THE CREE NATION?

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Winner to be announced in *The Nation's*  
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If possible, please include a photo.

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# CLASSIFIEDS

to come. I love you and I miss you so much. From Love always, Your aunt Edith in Mist.

We would like to wish a happy birthday to Angelina and Anita on March 7. Annette on March 11 and to our baby boy Redfern on March 15. God bless you. From Malcolm, Caroline Trapper. (Mist).

Happy belated birthday to our Dad Malcolm on January 4. From Angie, Anita and Annette and from my baby boy Redfern.

Birthday greetings going out to "Jon Jon" who'll be turning two on Feb. 15. We love you with all our hearts. Have a good birthday! With lots of love and kisses. Mommy and Daddy and also googoom Elizabeth. P.S. "E-I-E-I-O!"

I wanna wish happy birthday to our wonderful, loving and caring mother, Jane Snowboy Gilpin on March 3, 1996. What is a mother. She's a friend who brings sunshine and laughter your way. She supports you in that you do. She's been at that heart of so many glad memories and shares precious memories with you...She knows how you've changed, how you've grown throughout the years and she knows all...that you're dreaming of. She's the comfort of family, the warm touch of home. She's a beautiful blessing of love. Happy birthday Mom and many more to come. With all our love from our hearts, your children, Stella Jane, Katrina, Britany, Ryan and especially from your baby boy Albert.

Happy birthday to my husband Malcolm. I love you very much. From Caroline. (Mist)

Glen Salt! So it was your birthday on March 2. What did you have for your birthday, booze or her? Anyway happy birthday and don't party too much. From Edith in Mist. Oh! P.S. Dump her for me PLEASE!

On March 18, our Dad Reggie Hester will be celebrating his birthday. We hope you'll have a wonderful birthday and we will always love you no matter what. Love always, Cindy and Troy.

I would like to wish a happy birthday to my sister in Chisasibi, Annie Matches (march 16). Happy birthday sis. From me in Wask. P.S. Give Lakota a hug and a kiss for us. xoxoxo.

We would like to wish our loving son Troy (Matches) Hester a happy 16th birthday on March 17. Have a wonderful birthday. We love you. From Mom and Dad Karen and Reggie and especially from your big sis Cindy. xoxoxoxo.

We want to wish these people "Happy Birthday" Angela Bearskin (Feb. 12), Patrick Bearskin (Feb. 13), Mary Bearskin (Feb 19), Edward Bearskin (Feb 21), Jeremy Bearskin (Feb 22) and many more to come fr. Cluster G2-5.

Happy Belated Birthday to my loving caring parents Roinnie and Jane Icebound. My Dad on the 8th of January. My Mom on the 13th of Feb. I hope your days will be as special as you both are. We miss and love you both so much. Love always Lorraine and Claude.

Special Birthday greetings to a sweet and adorable Harry Neeposh on Jan. 13. Hope you have many more birthdays. Love grandma Lillian.

We would like to wish these people Happy Birthday from Mist. George M. on Feb 4, Allen M. on Feb 17, and Leonard M. on Feb 21. Best wishes from Matoush and Ottereyes family.

Sending a Happy Birthday to these people on Jan 4- Jerry M., Lee Ann- Jan 8, Tia M.- Jan 19 from Wemindji and Zachary M. from Wawasipi, Emil- Jan 27, Sheisin- Wemendji, Sending all the best wishes. God bless you. All love always from Ottereyes and Matoush family in Mist.

Happy 1st birthday to our grandson Nakonee on Feb. 17. Make a special wish to make your dreams come true. With love on your birthday from Grandpa & Grandma. xoxoxo

Belated birthday greetings goes out to my Grandma Emily Washipabano on Feb 3. Happy birthday & I love you always- your granddaughter Janice Washipabano. Chis.

To my favorite aunt Bella Mianscum- happy birthday on March 20th and how many is that? Just joking. About what? Guess! Your favorite nephew.

Wishing a happy birthday to one special boy, Nakonee Mark Gull on Feb 17. Love Emma & Adrian.

I would like to wish a grandma and great grandmother a happy birthday to Christine Gull. Love Emma & Adrian.

I would like to send out birthday wishes to two special girls whom I love very much. Happy birthday to April Ottereyes (Feb 20) and June Oquishing (March 26). Many more to come with all my love Grandma in Pikogan.

We would like to send birthday greetings to June Shash on March 26. We love you and miss you Antoine & Carol Yolanda.

I would like to wish a belated 2nd happy birthday to my niece on Feb 6. Sorry I couldn't see you. Next time o.k.? Anyways I'll see you and your Mom soon in O.J. From your aunt Mary Ann W. in Was.

We would like to send birthday wishes to Charles Shash. in Wemindji on Feb 22. We love you from Carol & Antoine Yolanda.

We would like to wish a happy birthday to Paul Rupert on his 11th birthday on

March 26th. We wish you love and happiness always. From Nellie Murrey & Beth.

We would like to wish a happy 14th birthday to my brother Tommy Neeposh (Nemaska) (Feb 3) Have a wonderful birthday. I love you with all my heart. from your sister April.

We would like to wish a happy birthday to Diane Alisappi on Feb 21. We miss you! From Georgia, Julian George (Ajouksh) and Julie-Ann (Chis.)

I'd like to wish my sister Lillian a happy birthday on feb 6th, also to my big baby brother Andrew (Feb 23.) Take care and see you soon. From Emily (Nem)

Birthday greetings to my special Grandma Nellie Sealhunter on Feb 24th. Have a good time on you birthday. I love you so much. From your granddaughter Rita.

We would like to wish a happy birthday to our sister Samantha Sealhunter on Feb 27. Have a wonderful birthday from your sisters Rita, Frances, Hannah, Nellie and Mary.

We want to wish a happy birthday to my baby sister Katheleen Simard on Feb 20 from Nemaska, you are my baby sister and I wanna let you know you are loved and I wish you all the happiness even though we are apart. Love you sis. May your dreams come true. Monica Matoush xoxoxoxox

Happy birthday to a special niece of mine, Mary Jane W. Sr. She will be celebrating her 18th birthday on Feb 2. From your Aunt Monica.

Happy belated birthday to our daughter Nicole on Jan 18th. Many more to come. May your wish come true. Love always your Mom & Dad (Nem).xoxox

We would like to wish a very happy birthday to a special boy, our son Peter Brian Kanatewat, who turned 11 on Jan 28. We love you very very much. Love Mom & Dad & Marsha.

I would like to wish a happy birthday to my big sister Jane on Feb 21. May you enjoy more fun on this special day! I love you from your baby sister Stacy-Sylvie.

Happy 17th birthday to our daughter Jane J. Neeposh. Hope this day will be as special as you are. We love you. Mom & Dad.

Birthday greetings to Pauline C. Kitty Jan 7, John Sam Jan 17, Stephine Sam Jan 20, Beulah Sam Jan 30, and to a sweet adorable, cute little guy, Darwin Kitty who turned three on Jan 22. Love Clara, Raymond, Peter and Marsha.

We would like to wish a happy 1st birthday to my sweet little adorable boy Jordan William Darryl Bobbish on March

2nd. Love always Mom.

I would like to say a happy birthday to my friend in Wemindji on April 1st, Leah Cheezo. You are a special friend. Friend always and forever. Melanie Gunner.

Sharon Ratt (Chis) We would like to wish you a sweet 16th birthday! (Feb 2) Sorry we left! But we promise we will get something special for you. Hope you enjoy your special day. Hey don't get to wild or anything since we're out of town. Make sure you don't get pulled into the wrong crowd. Stay sober young friend. Wishing you all the best in life, enjoy your teenage years.... your buddies Connie, Ida & Karen.

We would like to wish a happy birthday to our daughter Dylanna Rhianna Joyce on March 12. We love you very much and once again Happy Birthday. Have lots of fun sweetheart. With love Mom & Dad & your brother Dylan.

Happy birthday to Rionel Brent Blacksmith on Feb 18 who will be 1 and to Jeremiah Blacksmith on Feb 21 who will turn 10. We love you two. Fr. Mom, Dad, Travis and Niibin.

Birthday Greetings to Alyssa Coonishish on Feb 3, Jeenaya Allisappi on Feb 15, Rionel Bsmith on Feb 18, Jeremiah Blacksmith on Feb 21. Fr. O-JAY.

Happy belated birthday to Sharon Voyager who is now on her way to the top of the hill. Don't let me spoil your day but ain't that the truth. Fr. your brother-in-law C.L.

We would like to wish a happy birthday to our favorite grandpa Reggie R. on Feb 17. Sending lots of love, hugs and kisses. From Harvey, Mary-Jane and Jorden.

This birthday wish is for my daughter Joselyne-Marie who will be turning 7 on Feb 16, I love you with all of my heart. From Mommy, Louisa xoxo.

Happy birthday to a very special guy who will always have a special place in my heart, my grandpa Reggie Bobbish on Feb 17. Love always Joselyne-Marie.

Birthday wishes to uncle William celebrating his 40- something birthday on Feb 17. May the good spirits guide you on the path of recovery. From: Janet & Louise.

## 300-PERSONALS

I'm looking for Starlene lahtail. Wherever you are! Pick up the phone and call me. I miss the friendship we had between us. It's been too long since I've seen you. From your good friend in Chisasibi. Remember Timmins?

Wishing Andrew a very happy 1st year of sobriety on Feb 16th. Keep on going one day at a time. All the best to you & your future. With love, sis Mina & Family.



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
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# ATTENTION ALL CREE FIRST NATION ATHLETES!

*The Community of Nemaska First Nation will play host to the Cree First Nation Fitness Challenge '96. We invite you to participate and represent your home community at this event. The Challenge is scheduled for July 12 and 13, 1996, and is open to men and women, 18 yrs. and over. 16 and 17 year olds will be accepted. However, they must sign a waiver and parental consent form. Each competitor must be a registered band member of the Cree Nation, and a resident of one of the nine Cree communities.*



**WOMEN'S EVENTS:**

1. Swimming - 1 km
  2. Cycling - 15 kms
  3. Canoeing - 2 kms
  4. Running - 10 kms
- TOTAL: 27 kms**

### MEN'S EVENTS:

1. Swimming - 1.5 kms
2. Cycling - 20 kms
3. Canoeing - 2 kms
4. Portage - 0.5 kms
5. Canoeing - 1 km
6. Running - 15 kms
- TOTAL: 40 kms**

Every competitor must complete each challenge in full and in order, with no rest period. The athlete who completes the course and finishes with the best overall time will have earned the recognition/title of being the "Fittest Man/Woman in the Cree First Nation for 1996." There will be over \$34,000.00 in prize money to be awarded to the top five finishers for both genders. This event is in Honour of the Athletic Talents and Potential of the Cree First Nation Athlete.

**COST OF REGISTRATION:**

Mole Competitors: \$1000.00  
Female Competitors: \$900.00

We ask that each Recreation Department be responsible for setting up a qualifying competition somewhat like the actual Cree First Nation Fitness Challenge 1996. The goal would be to recognize the two finest athletes of each gender to represent their Community in this Challenge. There will be a total of four athletes from each Community, which will mean a grand total of thirty-six competitors (18 male & 18 female).

For more information, contact your local Recreation Department, or Rodney Hester (Recreation Assistant) at the Nemaska Band Office at (819) 673-2512.

## ARE YOU UP FOR THE CHALLENGE?





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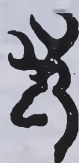
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